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by [Michelle Brown](#) (Author)

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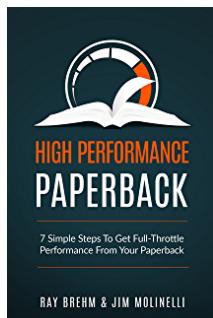
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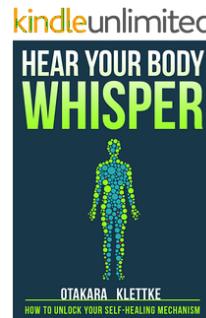
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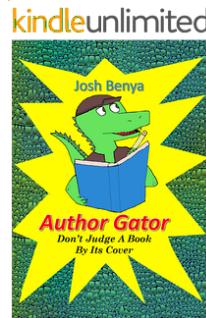
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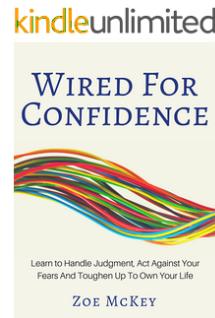
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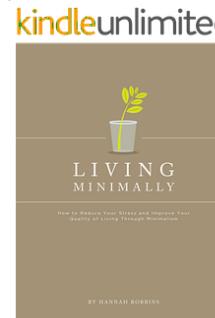
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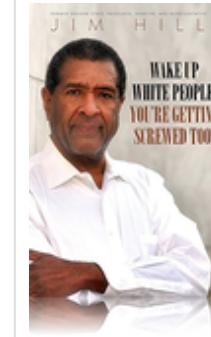
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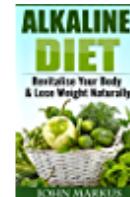


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About the Author

Having struggled with her own health issues, including hormonal imbalance and gut dysbiosis, Michelle finally determined to do whatever it took to regain her health and energy. She finally discovered that when we live out of balance with the way the body was created to function, poor health is the result. Now she passionately shares that message with others who have succumbed to the challenges of living in a world that is desperately out sync with Gods' good plan for our lives and our health. A Certified Transformational Nutrition Coach, Michelle helps women balance their hormones and regain their energy so they can give irritability, depression and exhaustion the boot and finally feel energetic, clear minded and ready to take on life! You can find Michelle at overcomingauto.com where she writes about hormone balance, gut health and overcoming depression through the power of healthy diet and lifestyle choices.

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Biography



Michelle is a little obsessed with living life to the full. Having struggled with her own health issues, including hormonal imbalance and gut dysbiosis, Michelle finally determined to do whatever it took to regain her health and her energy.

She finally discovered that when we live out of balance with the way the body was created to function, poor health is the result. Now she passionately shares that message with others who have succumbed to the challenges of living in a world that's

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A MUST READ!!

By [EL](#) on February 12, 2017

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When my little boy was born, he suffered from severe food allergies and eczema. I gave birth to him through c-section. When the doctors started prescribing all kinds of medications and seeing the pain and the lack of progress, I decided to take charge. I remembered that this was not the way I was raised having been raised with foods fresh from the gardens/ small farms. Something was wrong with the whole picture, the foods etc. Long story short, the radical changes I started to implement, from making my own soaps and lotions and feeding my family real foods, paid off. Today my son is free from food allergies and eczema and the doctors were even amazed. I attest to the information I have read so far in this book. This is valuable information that works! Indeed this is a must read book in season!!

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Tired of feeling exhausted?

By [Brenda Lou](#) on February 12, 2017

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Energy Reset by Michelle Brown caught my eye because I feel exhausted, often. (Even after 8 hours of sleep.) As I read the book, I realized so much more to it. The brain fog, irritability, frustration at times, hair loss that I assumed was just getting older and hitting my thirties.

My biggest takeaway from reading this book was the knowledge that I can take back control and be a more informed consumer from food to beauty to cleaning products. I have started to read labels and make more conscious choices, slowly integrating change one step at a time.

I was diagnosed with an inflammatory disease, and it has changed the way I view toxins around me and how important it is to know what we breathe in, eat, or put on our bodies. I appreciated the helpful links inside as I continue improving.

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Love the Book, Started to question almost everything I use at home. Thank you Michelle!

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good book

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Published 15 days ago by Kindle Customer

Eye opening

This book was very thorough and easy to follow. I learned many new things which was overwhelming but great! [Read more](#)

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Five Stars

Incredible helpful in discovering how to take better care of myself. [Read more](#)

Published 1 month ago by K. W. Hoppe

By [Kim A.](#) on February 21, 2017

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This book has so many great ideas for reducing the toxins in our lives, it's hard to know where to start! I appreciate the organization of the book, which makes it easier to "clean up" by focusing on one area of life at a time. The book is also well-balanced and thorough focusing on both physical and spiritual/emotional aspects of life. I found the advice in this book to be helpful and it sounds as though many of the recommended changes would be easy to implement. Finally, I love the overall tone of the book - informative without being "preachy" or "judge-y." Thanks for a great book, Michelle Brown!

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Having myself an autoimmune disease, I find this advice ...

By [Music Maverick](#) on February 12, 2017

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Having myself an autoimmune disease, I find this advice helpful. I still eat grains and some dairy, but I eat a lot of unprocessed food and only use olive oil, and take a lot of supplements that have enhanced my life, as well as probiotics. I already knew some of this information due to my condition, but the tools I found most helpful relate to the habits on how to destress and how to control your emotions.

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Need to get healthy? Here's how!

By [Domino](#) on February 12, 2017

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When we think of toxins and getting healthier, we usually think of food. This informative book gives details about why some things are good for you and others aren't. She covers toxic foods and toxic chemicals we use every day, as well as how toxic thoughts contribute to ill health.

Not all disease is food-related. Some is stress-related. This book points out ways to teach ourselves to correct our thinking so our bodies will be happier. And certainly, adding new eating and thinking habits will change your health for the better.

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Take Your Life Back!

By [Michael Lacey](#) on February 14, 2017

I am touched by the insight and have been implementing these concepts in my own life with great results. Highly recommended read

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Recipe to remove all kinds of toxins from your life!

Format: Kindle Edition [Verified Purchase](#)

With great bonuses to start with, this book is immediately an incredible value. While this book is targeted towards women, I learned a lot for myself and the women in my life. This also helped me to understand the difficulties that women go through due to genetic factors alone, as well as people who suffer from autoimmune diseases. This has brought new perspectives and respect to them.

Brown gets honest right away; it turns out that her story is very relatable. As a Certified Transformational Nutrition Coach (CTNC), she knows what she's talking about. She also covers more than just physical issues that may plague you.

If you've been in a fog, don't wait any longer; there is hope in this book for you, your nutrition, and your life. If health issues have taken your life from you, it's time to take your life back. Start here!

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Personal, practical and possible!

By [Dawn W](#) on February 12, 2017

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Michelle Brown's book, Energy Reset, cuts right to the chase. She brings together key points on issues that plague most of us: exhaustion, digestive problems, and inflammation. I was surprised by the ways that lack of sleep affect me. I did not realize that lack of sleep defeats weight loss and contributes to inflammation. Also, she provides convenient links to finding the products you need to begin healing: natural foods, skin care products, makeup, and hair care, safer cleaning products and simplified exercise to get moving. Super helpful and encouraging!

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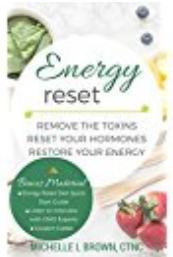
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